

**WHAT IS CLAIMED IS:**

1. A hair foil sheet ranging in width from about 3.5 to 6 inches.
2. A hair foil sheet having a weight or gauge ranging from about 0.00035 to 0.001 inches in thickness.

3. The hair foil sheet of claim 2 wherein said weight or gauge ranges from about 0.0005-0.0007 inches in thickness.

*range within a range?*

4. The hair foil sheet of claim 1 wherein said sheet is embossed.

5. The hair foil sheet of claim 1 wherein said sheet is non-embossed.

6. A system for dispensing hair foil sheets comprising;  
a pop up/out dispenser;  
interfolded sheets placed in said dispenser; and  
said interfolded sheets having a width ranging from about 3.5 to 6.0 inches.

7. The hair foil sheet of claim 1 wherein said sheet can be any color foil.

8. The hair foil sheet of claim 1 wherein said sheet comprises any and all types of alloy.

9. <sup>*consisting*</sup> ① A method of putting hair foil in a persons hair comprising:  
removing a first sheet of hair foil from a pop-up dispenser;  
said sheet of hair foil having a lead portion and a trailing portion;  
said lead portion of said sheet of hair foil extending through a dispensing orifice to an elevation above that of said dispensing unit;

